



Dear Members

And so, the saga continues: not just restrictions now but lockdown. At the time of writing, you may be looking for things to do at home. For some, lockdown may be a blessing in disguise. Time from your hectic social life to catch your breath and catch up with the - gardening, housework, odd jobs around the house, spring cleaning even. Or time for that book you've been meaning to read or that TV series you've wanted to binge.

It may be with us for some time, so we'd be happy to hear what you've been up to while stuck at home. This edition we try to give you some ideas of how to get through lockdown by keeping busy. To start us off, one of our readers has told us what lockdown hobby keeps him (relatively) sane (page 7).

We have a new recipe for you to try (page 6) and some television and book reviews to give you some ideas of what to read and watch (pages 3 and 6).

You may have noticed that Our Koala has not been named this month. We thought you might like to tell us its name and location instead. NO googling, mind.

We have a new competition, "Where am I?" on page 8. I know we may ask ourselves that a lot these days, but we're asking you to identify places around the area—if you can. We had hoped to get your answers at our meeting in September but you can save them up and we'll add them to the trivia questions when we get back together again. Soon, we hope. Until then, stay safe,

The Newsletter Team

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A big belated welcome to Annie and Mike H, who joined the Branch earlier this year. They have already helped support many of our activities. They have joined our newly-formed walking group and add their own brand of mischievous fun to the outings.



NO MEETING THIS MONTH, OF COURSE.

WE'LL LET YOU KNOW AS SOON AS WE CAN GET BACK TOGETHER AGAIN.
UNTIL THEN, KEEP SMILING



WE ARE STILL ALLOWED SOME FREEDOMS. Lee has been out exercising around town, and suggests a short trail you might like to follow.

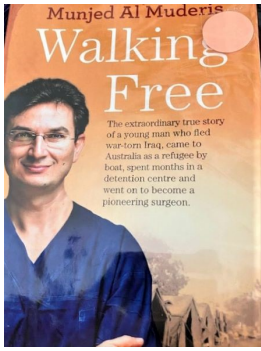
A SPRING WALK AROUND TOWN



Town is very quiet during lockdown and there is no trouble getting a parking spot. I suggest you do this walk in the morning as cafes are tending to close around noon.

Ⓟ Park down near the marina where the river/whale boats leave from. → Inspect the new wharf and walk along Town Green and past Rydges. → Turn off the path at *The Little Shack* and walk into Murray St. Pick up a coffee at *Studio3 Espresso* and turn into Clarence St. → Walk up the hill and stop at Allman Hill. View the graves from the original burying site for the settlement in 1821. → From the park, walk into Mrs York's Garden. Admire the views and read the signage about the history of the garden.

As you leave the garden walk, → take a sharp left turn as the garden continues down to the beach reserve. → Turn right at the beach if you want a long walk past Town Beach, Oxley Beach and up to Windmill Hill or further along the coastal path. Alternatively, walk along the break wall and stop at *The Little Shack* for more refreshments.



WALKING FREE

Munjed Al Muderis with Patrick Weaver

Review by Erica D

Because of the NSW lockdown, we were not able to attend our monthly Book Club meeting where we were reading “Walking Free”. Ideally, everyone would come to the book club bursting with feelings, impressions, and ideas that the book had sparked and this book communicated all these emotions.

“Walking Free” is the extraordinary account of Munjed’s journey from the brutality of Saddam Hussein’s Iraq to a new life in Australia and a remarkable career at the forefront of Medicine.

In 1999, he was a young surgical resident working in Baghdad when a squad of military police ordered the surgical team to mutilate the ears of numerous army deserters. The head of surgery refused and he was executed in front of his staff. Munjed’s choices were limited – comply and breach the medical oath, refuse and be shot or flee.

He fled to Indonesia where he boarded a filthy, overcrowded refugee boat bound for Australia. He hoped for a new life, free from fear and oppression but was incarcerated in the Curtin Detention Centre in Western Australia where he was often in solitary confinement, humiliated and repeatedly told to return to Iraq.

In August 2000, (just before the Sydney Olympic Games), he was finally freed and went on to study medicine from the beginning and pursue his childhood dream of becoming a surgeon. He is now one of Australia’s most respected orthopaedic surgeons.

An amazing story of survival, resilience and giving back to the world with no bitterness or anger.

Before my surgery, the anesthesiologist offered to knock me out with gas or a boat paddle...
It was an ether/oar situation.

GAMES TO PLAY ON BE CONNECTED

You may have already received this email from Be Connected. For those of us not on their mailing list or those who have yet to join, we are passing on this latest piece of news.

“Looking for a fun and challenging activity, especially if you’re caught up in a lockdown? We’ve got a brand-new game called Jewel Match which will keep you entertained while you practice some key skills.

We know that playing games can enhance your mood and confidence. It’s also a great way to practise your swiping and tapping skills on a touchscreen device, or your dragging and clicking skills if you’re on a computer.

The aim of the game is to match sets of three or more jewels in a row in order to progress to the next level. It may start nice and easy but it gets harder as you move through each stage. Give it a go!” You can find games at the following web address.

<https://beconnected.esafety.gov.au/games/games-centre>

SEPTEMBER BIRTHDAYS

We have a lovely lady celebrating a milestone "o" birthday this month – congratulations Wynne E.



Also celebrating September birthdays are:=-

Brian E

Rhys B

Mike H

Trevor R

Peter W

Phil G

Robyn M

Robyn R

MAKING PLANS SOUNDS FUN UNTIL YOU HAVE TO PUT CLOTHES ON AND ACTUALLY GO OUT.



SOME TELEVISION REVIEWS

(From Ann and Max C)

While we are all still in lockdown, and maybe watching more TV than usual, here are reviews of a couple of the programmes we have been watching that may be of interest to others. Obviously some people may have seen them but there may be a few out there who haven't.

Line of Duty.

British Academy TV Award for Best Drama Series and other awards.

Police series available on ABC iView Netflix & Stan. Total number of series—6

D.S. Steve Arnott is transferred to the Anti-corruption unit after he refuses to participate in a cover-up that involves an innocent man getting shot in a police encounter.

REVIEW: Ann & Max - Excellent Series.

The Bureau.

French with English subtitles available on SBS Catch up. Total No. of series—5

Based on real accounts and inspired by contemporary events, this French spy thriller follows the daily lives and missions of members of the country's external security service - France's equivalent of the CIA. It focuses on intelligence officer Guillaume Debailly, code named "Malotru."

REVIEW: Max - Good, interesting series.

That will be \$1000. Chasing birds is not a reasonable excuse to be outside



A WALK THROUGH KATTANG NATURAL RESERVE

Our walking group were very fortunate to meet for our monthly ramble - just three days before lockdown started. This month was all about the flowers. Although it was still not spring, seven of us set out hoping to see enough to make the 2 ½ hour walk worth the effort. We weren't disappointed. Not being botanists, however, we were not always sure what we were seeing. So we thought readers might help. Below are some of the early blossoms we came across. If you know what they are, please let us know. They are numbered just to make them easier to identify.



Of course, there was more to see than these beautiful blooms. The coastal views were magnificent. We couldn't resist sneaking some photos of these in as well. And we saw a goanna!



A glimpse of sea from the ravine

QUICK AND DELICIOUS SPAGHETTI CARBONARA (From Teresa I)

INGREDIENTS

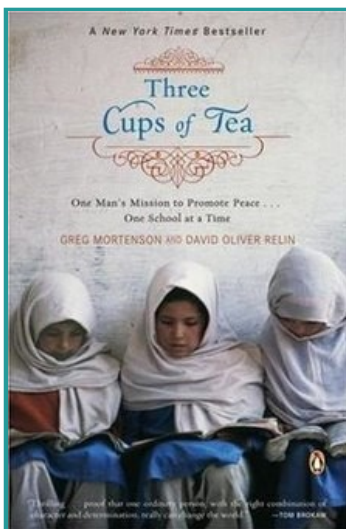
250 gm speck bacon, cut into thin strips
350 gm of your favorite pasta
2 eggs
1 egg yolk
100 gm grated pecorino or parmesan cheese

METHOD

In a large saucepan fry bacon on low heat until crispy.
Cook pasta in boiling salted water until al dente.
In a bowl whisk eggs, egg yolk and cheese. Add salt and pepper.
Add cooked pasta dripping wet to the hot saucepan of fried bacon and toss until well coated.
Remove from heat and add egg mixture with a couple of spoonful's of water from the cooked pasta.
Serve immediately with your preferred toping such as pepper, cheese, or chilli.



Tip: Don't leave your bowl alone, it can go missing or end up empty.



BOOK REVIEW (From Lee B)

Three Cups of Tea

by Greg Mortenson and David Oliver Relin

This book is described as "One man's mission to Promote Peace... One School at a Time".

In 1993, Greg Mortenson, an American mountaineer, exhausted from a failed attempt to climb K2, stumbled into an impoverished Pakistan village in the Karakoram Mountains in Northern Pakistan. Moved by the inhabitants' kindness to him and their ambition to provide education for their children, especially their daughters, he promised to build them a school. Over the next decade he built 55 schools across Pakistan and Afghanistan, just as the Taliban came to power.

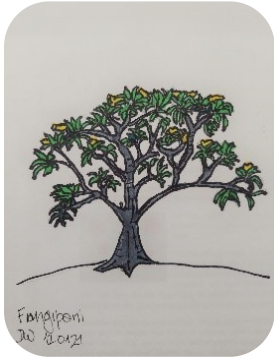
In a timely read, this is a heart-warming story of how the gift of education changed the lives of many children in this remote part of the world.

This book is included in one of the book sets available from Port Macquarie Library for local Book Clubs.

Lockdown, at least, gives you an opportunity to do things you've wanted to do but, skilfully, not found the time to do yet. Or, at least, not without feeling guilty. For me, watercolour painting was something I'd admired from a distance, but I'd never managed to get my hands dirty before semi-retirement.

I started before the lockdown with classes at U3A which introduced me to some of the basics that I might otherwise not have thought of. How to create perspective; the use of light and shade and the impact that it has on subjects; how you can use colours to emphasise features such as using blues and purples on faces. You wouldn't expect to find colours like that on real face- unless its owner needed treatment for bruises.

You don't have to have had experience; painting has something for anyone. You don't have to be a Constable looking for the odd hayrick to make your mark. The first thing that comes across in lessons is that you have a lot of licence in the way you interpret things. You don't have to be a camera, trying to capture the perfect shot. You see things as you want to see them; clouds can be odd shapes and can be yellow or green if you wish. Perfect for the person who can't draw. I found keeping to a line with a paintbrush difficult but you can cheat. Trace a pencil outline, use it as a guideline for a fine marker pen, and then sneakily erase the pencil line.



Picking a style that's yours takes time. I've admired the work of Clarice Cliff for years and recognised that her style would give me a great deal of latitude when painting my own subjects. You may know of her as an English pottery designer of the early twentieth century and as part of the Art Deco movement. I apply her simplicity of style mostly to trees and flowers. I love the flexibility it allows me. They may not look like the real thing or in true colours, but that's the whole point. Any painting errors can be explained away as deliberate use of artistic licence. I paint in little projects: a painting framed for a wall; birthdays cards for family. Photos are a good source of subject, as well as Clarice's prolific catalogue. We almost had to pay excess baggage to get the latter back from the UK.



Two in a series.. for

You can spend as much as you want. It helps that family can now choose presents they know I will love and use. Some paints can be very expensive, but you can get very close with much cheaper brands on Amazon. There are alternatives to mixing costly tubes of paint and water. My daughters sent me brush sets with premixed paint solutions, a bit like wet crayons for the elderly. You can't mix them as well as real paint but there are so many of them you can get all shades of the colour spectrum. But never tell a true professional that you have a tube of black or white paint; for them, these colours don't exist.

A birthday card design



As I get less physically active and the aches and pains set in, it's a painless pastime. It doesn't require monitoring of blood pressure or affect cholesterol levels. It's a pastime that will lock you in. You will carry on doing it for the rest of all time.

HOW WELL DO YOU KNOW PORT?

LAST MONTH'S ANSWER

The Historic Courthouse is the only early Government building remaining in Port Macquarie. It was built in 1869 and was in use up until 1986.

THIS MONTH'S QUESTION IS:

Where was the site of Port Macquarie's first hotel?



DATES FOR YOUR DIARY

Watch this
space
?



WHERE AM I?

Answers on a postcard, please...

**I NEVER USE
MY INDICATORS.**

**It's nobody else's
business where
I'm going!**